



Volume 17

Silver City Food Co-op



GARBANZO GAZETTE

Your monthly newsletter • March 2017

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

4 Four Common Questions about the GMO Labeling Law

People have long called for foods which have been produced using genetic engineering to be labeled, so that they can have the information they need to decide for themselves whether or not to purchase foods that may contain genetically modified organisms (GMOs). On July 14, 2016, the U.S. Congress passed a bill which establishes a national system of mandatory GMO labeling.

How will foods containing GMOs be labeled?

Known after the bill's authors as the Roberts-Stabenow GMO labeling bill, this new law gives the U.S. Department of Agriculture (USDA) two years to set up a federal system to regulate how foods containing GMOs will be labeled, and stipulates that product labels will be required to have one of the following three designations:

1. **On-package written disclosure:** Clear, simple language such as "produced with genetic engineering" will appear near the ingredient panel.
2. **On-package digital quick response (QR) code:** Packaging can contain a QR code that shoppers can scan with a smartphone and be directed to a website to learn whether or not the product contains genetically engineered ingredients. Very small companies will be allowed to use a 1-800 number or web address in lieu of a QR code.
3. **On-package symbol:** Manufacturers can opt to display a symbol that is yet to be developed by USDA.

What kinds of genetic engineering must be disclosed?

USDA will have to determine which foods will be required to be labeled. New genetic engineering techniques are being developed all the time and many of them will be approved for use in food. Some examples of existing and emerging genetic engineering techniques include transgenic, RNA interference and CRISPR-CAS9.* As passed, the law does not explicitly state which techniques will require disclosure.

How does the law differ from previous GMO labeling bills?

While this law is not perfect, it appears to be more consumer friendly than previous incarnations of the DARK Act, which did not require manufacturers to label GMO foods and could have defined GMOs as "natural." These earlier versions of the GMO labeling bill were narrowly defeated thanks to the many concerned citizens, farmers and industry leaders who joined forces with key lawmakers to ensure that Congress heard consumers' call for the right to know what they are eating and feeding their families.

What's next? National Co-op Grocers advocates for a simple written label

GMO labeling advocates, including National Co-op Grocers (NCG) and many food co-ops, made every effort to inform lawmakers about the many reasons why QR codes (option 2, above) are often impractical, inconvenient or inaccessible for shoppers to use. NCG will continue to encourage manufacturers to print a clear disclosure on the package so that all people, whether they have access to a smartphone or not, can know at a glance whether a product contains genetically engineered ingredients.

Throughout USDA's two-year rulemaking process, consumer organizations will have opportunities to weigh in on which techniques will qualify foods as "genetically engineered" and precisely how USDA will administer each of the three labeling options.

People who wish to avoid GMO foods can look for the USDA Organic label. By law, certified organic foods are not permitted to be produced or include ingredients produced using genetic engineering.

*Please look on page 10 for more information on CRISPR-cas9.

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Silver City Food Co-op
Market Café

NEW Café Hours:

Sunday
11 am - 3 pm

Monday
9 am - 7 pm

Wed. - Sat.
9 am - 4 pm

Closed Tuesday

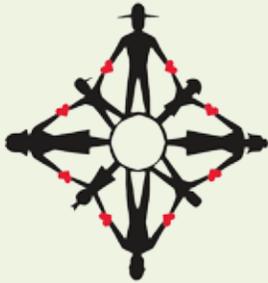
575•956•6487
614 N. Bullard St.



YOU
ARE
WHAT
YOU
EAT

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

Café Hours

575-956-6487

Monday 9am - 7pm

Wed - Sat 9am - 4pm

Sunday 11am - 3pm

Closed Tuesday

Vision Statement

Because of all that we do,
our member-owners,
our food co-op, and our extended
community will gain and maintain health.

Seven Cooperative Principles

- Voluntary and open membership
- Democratic member control
- Member economic participation
- Autonomy and independence
- Education, training and information
- Cooperation among co-ops
- Concern for community

Joe Z

general manager

Mike Madigan

assistant manager

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.coop

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Cup o' Joe

by **JOE Z**



*How do we move forward?
How do we serve more of our community?
How do we serve ourselves better?
What direction should we head?*

These are questions facing all our Co-ops in very changing times. We are facing it here too in Silver City. We cannot escape it. We cannot hide.

A regular reader of this column might say, "But Joe, you've talked about this before. You've talked A LOT about this before. Are you going to keep talking on and on about the same old thing?" Well, yeah, I guess I am. That's because it's a continuing issue and the pressures are increasing on almost a daily basis. Here's the main problem: the giant mega-corporations have noticed that lots of people are getting wise to the crap that they are serving us and want the foods – the real foods – that we have been selling for years.

When our Co-ops were much younger, a small portion of the population was discovering the benefits of eating nourishing foods. They gravitated to the small Co-ops and our Co-ops educated them more and they educated their friends and we became communities centered on a powerful mutual interest: healthy food.

Co-ops grew and – often despite internal difficulties – flourished. There was a golden period between 1985 – 2000 that Co-ops saw themselves serving hundreds and thousands of more people. Entire companies were formed to farm and produce the foods that the Co-ops sold. Man! Everyone was happy! Education abounded. The Co-ops were reaching out to their greater communities raised the consciousness of millions of people to not only the wholeness and quality of our foods but food and worker politics.

"The Force was strong with these disrupters, it was!" And then the empire struck back! Okay – not really. Rather a couple of other start-ups in the late 90's decided to focus on this growing market. That was Whole Foods and Wild Oats (Whole Foods eventually swallowed Wild Oats). Using targeted marketing techniques and locating in upscale markets, they grew the natural/organic segment higher and higher. Along with them grew the producers where small backyard suppliers grew to multi-million dollars companies. For the first time – Co-ops faced real competition. Some never responded well and they are gone.

Banding together, the Co-ops created a national group that would be our broker (more or less). That's were all the great Co-op deals come from and we were able to compete with Whole Foods and others on price. The Co-ops rebounded and started growing again. Everyone in the natural/organic business saw increases and happy times reigned again! Yippee. Competing with Whole Foods was a pain but this whole sector of the market kept growing so there was enough to share – even though we were motivated by serving our Members and they were motivated by making money.

Okay – NOW the evil empire enters as the market sector is worth it to them! Stage right, we see Walmart noodling into the market and entering from stage left, Kroger (operating under varying names) who started their own brand and invested heavily in marketing. Demand for natural/organic skyrocketed again and these behemoths are totally changing the landscape.

This is happening now. As I write. As you read. Whole Foods has announced the closing of some stores and slowed their growth plan. Other smaller companies such as Natural Grocers and Sprouts are also competing for a share of the market.

Let me put into perspective: we have just over 150 Co-ops banded together with about 180 – 190 locations. Whole Foods has 435. Meanwhile Kroger has 2,778. Walmart with 5229 locations but only about 40% have grocery yet by dollar amount, they are the country's largest grocery store (followed by Kroger). But wait – there's more!! Albertsons has gotten into the natural/organic business too with over 2,200 locations.

So do the math. 10 years ago this market was split between Whole Foods, the Co-ops and a bunch of smaller chains. Now good natural/organic foods are being offered in thousands of locations which is great for the health of our population but not so much for us little Co-op folks.

There's also this: these mass marketers don't have to make any money on natural/organics. Not only can they obtain their products at less cost than us – they don't need to mark it up much if any. They're making their dollars on other products. They are just trying to get the natural/organic folks in the door. While you're buying your organic broccoli – they'll also entice you with the double-crème frosted doughnut.

Also think about the producers. Suddenly there was all this demand for product but these small companies don't have the capital to invest to keep up with demand. So the large producer companies like General Mills or Coca-Cola have started buying up these companies and there is no other alternative – or the alternatives are much more expensive.

So our Co-ops face challenges. Every Co-op is different and every community they serve is different. I know of no other Co-op as unique as we are – quite isolated in a – mostly – mining town. In very cramped quarters. And we've grown every year until this past year.

While the contraction was small – around 2%, the handwriting is on the wall. We must make some changes. Starting our Market Café was one way we can serve our community better. So far, it is still challenged and not a net gain.

So we're back to the original questions. How do we move forward? What is our purpose? Are we trying to reach more people about health or should we shrink to serve a smaller group of people?

These questions will not go away. But they really need to. While our Co-ops are trying to figure out who we are and who we serve, the corporate giants are heading our way with bulldozers.



Silver City Food Co-op & Market Café Staff

Judith Kenney

produce

Bob Lee

bulk manager

Carolyn Smith

café

Dougan Hales

produce

Kate Stansberger

supplement buyer

Jake Sipko

produce manager

Carol Ann Young

office

Jeanné Miller

herb buyer

Becky Carr

dairy buyer

Vicki Gadberry

office

Jess DeMoss

POS manager

Meggie Dexter

offsite website

Misha Engel

frozen buyer

Jenny Morgan

office/cashier

Joe Z

gm

Marguerite Bellringer

finance manager

Kim Barton

POS

Michael Sauber

grocery

Doug Smith

grocery buyer

Paul Slattery

produce

Patricia Walsh

HABA buyer

Jody Andrews

cashier

Evan Humphrey

cashier/bulk

Lee Ann Miller

cashier

Brenna Brown

deli manager

Sarah Hardisty

deli

Tinisha Rodriguez

POS/grocery/HABA

Charmaine Wait

emo

Allie Iacocca

wherever needed

Mike Madigan

am

Lynne Featheringill

café

Leah Chastain

merchandising specialist

Amanda McGinnis

café

Marchelle Smith

cashier/grocery/deli

Robin Austin

wherever needed

Kenyon McNeill

grocery

Joy Kilpatrick

wherever needed

Max Koch

wherever needed

Mike Watson

wherever needed

Gregor Hamilton

café

Kelly Nicholas

café

Jo Lutz

wherever needed

Co-op & Community Events

Co-op Explorers DIY, Saturday, March 4, 1 pm to 2 pm

Held on the first Saturday of the month in the community room at the Market Café from 1 pm to 2 pm. Children 12 years and under must be accompanied by an adult. This month we will plant the greenhouse and make organic and edible Leprechaun Hats!

Savvy Shopper Tour, Wednesday, March 8, 10 am to 11 am

Co-op tours will be held on the second Wednesdays of the month at the Co-op, from 10 am to 11 am. Get the inside scoop, samples and recipes.

Ask the Dietitian, Saturday, March 11, 11 am to 12 pm

For a discussion about protein and a tour of good quality proteins available at the Silver City Co-op, please join Bret Sarnquist, a local Registered Dietitian, at the Market Café at 11am on Saturday, March 11th.

Bring your questions and an open mind!

Artisan Market, Saturday, March 11, 10 am to 3 pm

The member Artisan Market are held the second Saturdays of the month, 10 am to 3 pm.

Open to member artisans with handmade art and crafts.

Contact charmeine@silvercityfoodcoop.coop

if you are interested in selling your handmade art.

Community Forum, Wednesday, March 15, 12 noon to 1 pm

Learn about the healing properties of CBD oil, the Future of Hemp with Shivani.

In the community room at the Market Café.

Silver City Food Co-op Board Meeting, Wednesday, March 15, 4:30 pm to 7:30 pm

Board meetings are held the third Wednesday of the month

at 614 N. Bullard St in the community room.

Member/owners are welcome to attend.

Sampling Saturday, Saturday, March 18, 11 am to 2 pm

Held on the third Saturday of the month, great food will be sampled along with the recipe. Come and find out how good organic is!

This month we will be sampling Anasazi beans.

Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples. Volunteers are needed to help make popcorn. It's fun, you get to meet lots of people, and see what is happening at the Co-op!

If you are interested in helping with this ongoing event, please contact us.



KITCHEN MEDITATIONS

Spring

Asparagus Gremolata with Orzo

Recipe Information

Servings: 6

Lemon, parsley, mint and garlic join asparagus in a celebration of fresh spring flavors.

Ingredients

8 ounces uncooked orzo pasta
2 tablespoons olive oil
1/2 yellow onion, diced
1/2 pound asparagus, cut into 2-inch pieces, woody ends discarded
1 cup curly parsley, washed well, stems removed, and finely chopped
3 tablespoons fresh mint, finely chopped
3 cloves garlic, peeled and minced
1 lemon, zest and juice
Pinch of crushed red pepper flakes
Pinch each of salt and ground black pepper
1/2 cup shredded Parmesan cheese for garnish

Preparation

1. Cook the orzo according to package directions and drain, reserving 1/4 cup of cooking liquid.
2. While the orzo cooks, heat the oil in a skillet over medium-high heat. Sauté the onion for a few minutes. Add the asparagus and sauté another 3 minutes or until asparagus is just tender. Remove from the heat and add the reserved cooking liquid, parsley, mint, garlic, lemon zest and juice and red pepper flakes. Mix together with the hot orzo. Season with salt and pepper and garnish the individual servings with Parmesan. Serve warm.

Serving Suggestions

Add 2 tablespoons of sliced olives or oil-cured sundried tomatoes for a more complex flavor. Or skip the orzo, and serve the asparagus gremolata over couscous or quinoa with lemon wedges.

Nutritional Information

556 calories, 12 g. fat, 17 mg. cholesterol, 336 mg. sodium, 93 g. carbohydrate, 6 g. fiber, 23 g. protein

By: Co+op, stronger together

Nutrition Nugget Asparagus

Asparagus is a top-notch supplier of folic acid and a good source of vitamins C and A, potassium, fiber, vitamin B6, and thiamin—pretty great for a low-calorie, fat-free, cholesterol-free treat.



Chocolate Strawberry Fool

Recipe Information

Servings: 4

This easy and elegant parfait makes any meal or occasion just a little more special.

Ingredients

2 ounces semisweet chocolate, finely chopped
2 cups sliced fresh strawberries, divided
1/4 cup sugar
1/2 teaspoon vanilla extract
1/2 cup heavy whipping cream, very cold

Preparation

1. Place 1 cup of strawberries in a small bowl and add the sugar and vanilla extract. Mash the strawberries into small pieces using a fork. Refrigerate for 30 minutes.
2. Pour the cold whipping cream into a cold, medium-sized bowl. Using a beater, whip the cream until it holds stiff peaks. Fold the mashed strawberries and 3/4 of the chocolate into the whipped cream.
3. Using a tablespoon, fill a wide-mouth glass (such as a martini glass or tumbler) 1/3 full with the whipped cream, then top with a layer of sliced strawberries. Repeat with more whipped cream and another layer of strawberries. Top with remaining whipped cream and garnish with chocolate shavings.

Serving Suggestion

Accompany this elegant dessert with a plate of delicate shortbread cookies. Blueberries, raspberries, or pitted cherries can be used instead of the strawberries, if you prefer.

Nutritional Information

Calories: 244, Fat: 15 g, Cholesterol: 41 mg, Sodium: 14 mg, Carbohydrate: 28 g, Dietary Fiber: 2 g, Protein: 2 g

By: Co+op, stronger together

The Frugal Co-op Chef

Green Onion Omelette



Ingredients

3 eggs
1 large bunch of green onions, diced
1 T olive oil
Black pepper, salt, chili powder or flakes

In a bowl, whisk through 3 whole eggs and then add in the green onions. Add your spices to taste and whisk again.

Fry the omelet on medium heat in the frying pan, flipping once until golden brown on each side.

Serve with a pita bread for a great pocket sandwich.

Adapted from: soogood.com

Jake's March Produce Picks



Jake Sipko, Produce Manager



*Check out the new hats from our favorite produce supplier, Veritable Vegetable!
L to R: Jake, Jeanné, and Paul behind the hat*

Green Onions

A few snips of this little green is all it takes to perk up the flavor and visual appeal of any savory dish. Of course, if you love the mild oniony flavor and bright green color of scallions, go ahead and add a generous handful.

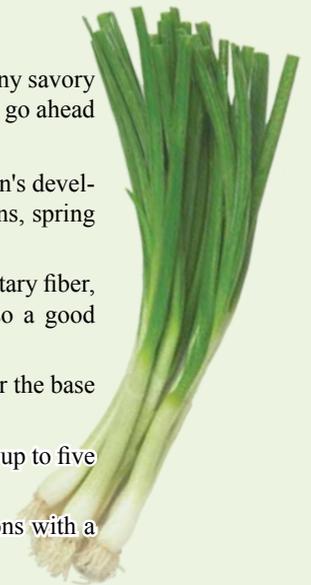
Scallions are simply the vertical green leaves that grow above ground early in an onion's development. Harvested before the onion develops its bulb, they're also called green onions, spring onions, Welsh onions, salad onions and Japanese bunching onions.

Surprisingly nutritious given their modest size, scallions are a very good source of dietary fiber, vitamins A, C and K, folate, calcium, iron, potassium and manganese. They're also a good source of thiamin, riboflavin, magnesium, phosphorus and copper.

Choose scallions with firm, bright green tops, free of brown or wet leaves. The smaller the base (bulb), the milder the scallion.

Store scallions wrapped in a paper towel in a plastic bag in the refrigerator crisper for up to five days. Keep them away from foods that will absorb their odor, like mushrooms.

To use, rinse the scallions, remove any brown outer leaves, and cut into small sections with a knife or kitchen scissors.



Strawberries



Sweet and juicy, with an unmistakable texture and fragrance, strawberries are the most popular berry fruit in the world.

An excellent source of vitamin C and manganese, strawberries are a very good source of dietary fiber and iodine, too. They're also a sweet, delicious source of potassium, folate, B vitamins, omega-3s, magnesium, copper and vitamin K—and they contain many phytonutrients to boot. Generally available from spring through summer, strawberries are at their peak through mid-summer.

Look for plump, firm, shiny red berries with fresh green caps (berries that are still yellow or green will taste sour because they're not yet ripe). By the way, bigger isn't better when it comes to strawberries; medium-sized berries are usually more flavorful than larger ones. Make sure the berries aren't crushed or damaged by tight packaging and that there's no sign of moisture. Remove any spoiled berries before storing in the refrigerator for a day or two. Don't wash them until you're ready to eat them, but use them as soon as possible after purchase, because they're very perishable.

Strawberries freeze well, sliced or whole.

Asparagus



The name "asparagus" comes from the Greek word for stalk or shoot, asparagos. It was the Greeks who first cultivated asparagus (and relied on it to cure toothaches and prevent bee stings) about 2,500 years ago.

A harbinger of spring, you'll find fresh asparagus from April through early June. Look for firm, rounded, odorless, bright green spears with compact, uniform tips. Avoid limp stalks. You might want to choose uniform stalks, so they'll cook at the same rate. Though the spears do come in different thicknesses, the size of the spear makes no difference in quality (both thick and thin are tender and delicious). Thick spears are great for grilling or roasting, while thinner spears are perfect for stir-fries and frittatas.

It's okay if there's a little woodiness at the base of the asparagus stalk—this helps keep the stalk from drying out. Just snap off this white, woody portion before cooking.

Once home, store your asparagus away from light (which destroys the folic acid content). Wrap the ends in a moist paper towel, or stand the spears upright in a glass or container with a couple of inches of water. Then place in the refrigerator and use within two or three days.

The arrival of asparagus—in your own garden or at your local co-op or farmers market—is truly cause for celebration.

Welcome spring! Welcome asparagus!

Reprinted by permission from: Co+op, stronger together



The Grab 'n' Go staffers at work!



Hey, Lynne pictured making dolmas is a great baker. Keep your eye out for great Grab 'n Go fresh baked goods made with organic ingredients!



Sarah and Brenna making tasty vegan zucchini slaw

Feb/Mar **MAD**

Pick your own two days
to receive **10%** off your purchases!
(Excluding mark-down items)

Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your **MAD** discount!

Member Appreciation Days (MAD) are offered 4 times each year, and are yet another way to save money at the Co-op.

Memberships are only \$10/year and you can recoup your membership by shopping just one **MAD**.

March Co-op Tour



*Learn the Secrets
of Savvy Shoppers!*

- receive recipes and coupons •

Wednesday, March 8th
from 10 am to 11 am

at the Silver City Food Co-op
520 N. Bullard St.

For more information call the Co-op at 388-2343

CO-OP
KID



Corner

Learn About and Plant the Greenhouse
and Make an Edible Leprechaun Hat at the Co-op Explorers
DIY Class
on Saturday, March 4, at 1 pm to 2 pm

Plant the greenhouse and make an organic and edible Leprechaun Hat at the Silver City Food Co-op Explorers craft class on Saturday, March 4, 2017, from 1 pm to 2 pm, in the community room at the Market Café located at 614 N. Bullard St.

Kids ages 12 and under are invited to become a Silver City Food Co-op Explorer. To become a card-carrying Co-op Explorer, kids simply need to bring a parent or supervising adult to a cash register and ask to become a Co-op Explorer. Each child will be issued their very own super official Co-op Explorers card!

The class is free and children under 12 years old must be accompanied by an adult.

Protein without Powders
with Registered Dietitian Bret Sarnquist
on Saturday, March 11, 2017, at 11 am at 520 N. Bullard St.

The Silver City Food Co-op is collaborating with Registered Dietitian Bret Sarnquist to offer regular tours of the store to educate the community about a different health issue each month.

This tour is Protein without Powders and will be offered on Saturday, March 11, 2017 at 11 am and will start in the community room at the Market Café located at 614 N. Bullard St.

Protein is a key nutrient for maintaining muscle mass, in vegan and vegetarian diets, and for overall health/wellness, but there are many myths and misconceptions about the importance of dietary protein. What are the best sources? How much do we need to eat? Can a vegan diet provide adequate protein? Should I be taking a protein supplement? For a discussion about protein and a tour of good quality proteins available at the Silver City Co-op, please join Bret Sarnquist, a local Registered Dietitian, at the Market Café at 11am on Saturday, March 11th. Bring your questions and an open mind!

Bret is a New Mexico-licensed Registered Dietitian specializing in sports nutrition and nutritional management of chronic diseases like diabetes, anemia, and osteoporosis. A life-long cook and food lover, Bret was a professional baker and pastry chef for seven years before returning to school at Arizona State University to get a BS in Nutrition, and then completed his dietetic internship in Flagstaff. He's an avid co-op and farmers' market shopper, and attempts, with modest success, to grow his own herbs, tomatoes, and hot peppers. If he's not at work at Gila Regional Medical Center or cooking, you're likely to see him riding his mountain bike or running out on Boston Hill or on the Continental Divide Trail.

Come to the Silver City Food Co-op's Community Forum and
learn about CBD Oil on Wednesday, March 15, 2017,
from 12 noon to 1 pm in the community room at 614 N. Bullard St.

This informative community forum will focus on educating our community about CBD oil and its healing properties. We will begin by sampling the most bio-available CBD oil on the market. Shivani will present current research findings on CBD oil and supported health. Then, we will discuss the potential benefits of CBD in relationship to your personal health challenges. We will end the forum with a sharing circle of people's experience of the oil, followed by a Q & A.

Shivani Ma lives here in Silver City. Her passions involve the healing arts, alternative medicine, permaculture design/sustainable gardening, and creating community through the education and sharing of her inspirations. She currently is a Yin yoga instructor at the Lotus Center and works from home, while raising her three young children

March

Saturday, March 4, 1 pm to 2 pm

Co-op Explorers DIY Class
614 N. Bullard St.

Wednesday, March 8, 10 am to 11 am

Savvy Shopper Tour of the Co-op
520 N. Bullard St.

Saturday, March 11, 10 am to 3 pm

Artisan Market - Support local artisans!
614 N. Bullard St.

Saturday, March 11, 11 am to 12 noon

Ask the Dietitian: Protein without Powders
Information and Tour of the Co-op
614 N. Bullard St.

Wednesday, March 15, 12 noon to 1 pm

Community Forum - CBD oil
614 N. Bullard St.

Wednesday, March 15, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, March 18, 11 am to 2 pm

Sampling Saturday!
Come by the Co-op for special samples and recipes
520 N. Bullard St.

April

Saturday, April 1, 1 pm to 2 pm

Co-op Explorers DIY Class
614 N. Bullard St.

Sunday, April 2, 3 pm to 5:30 pm

General Membership Meeting
A Space Gallery
7th Street, Silver City

Saturday, April 8, 10 am to 3 pm

Artisan Market - Support local artisans!
614 N. Bullard St.

Saturday, April 8, 11 am to 12 noon

Ask the Dietitian
Information and Tour of the Co-op
614 N. Bullard St.

Wednesday, April 12, 10 am to 11 am

Savvy Shopper Tour of the Co-op
520 N. Bullard St.

Saturday, April 15, 11 am to 2 pm

Sampling Saturday!
Come by the Co-op for special samples and recipes
520 N. Bullard St.

Wed., April 19, 4:30 pm to 7:30 pm

Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, April 22

Earth Day Fair
Come and make a recycled bottle cap magnet
Gough Park

CO-OP Community

\$2,107.00 for S.N.A.P!



Pictured are Co-op staff back row: Misha Engel, Mike Madigan, Candace Breen-Lee (SNAP), Marchelle Smith and Judith Kenney. Front row: Kenyon McNeill and Tinisha Rodriguez.

The Silver City Food Co-op has a community donation program called the Round Up Program where customers can round up the balance of their total purchase to the nearest dollar and donate that amount to a local non-profit. *Spay/Neuter Awareness Program* of Grant, Hidalgo, and Catron counties, is an all-volunteer, local non-profit that provides spay and neuter services to families in need in our community was the January recipient receiving a check for \$2,107.

Each month, the Silver City Food Co-op has a poster above the cash registers announcing the current non-profit recipient. There is also information at each register about the group, and each recipient has brochures about their organization available at the front of the Co-op. The recipient is also available at least once per month in the Co-op to talk to member/owners and customers about their organization. In February the Round Up recipient is *New Mexico Children, Youth and Families Department*.

The Silver City Food Co-op is proud of our cashiers and generous member/owners and customers who make this program work so we can give to our community. The Silver City Food Co-op follows the seven cooperative principles including Concern for Community and we strive to connect in meaningful ways to our community.

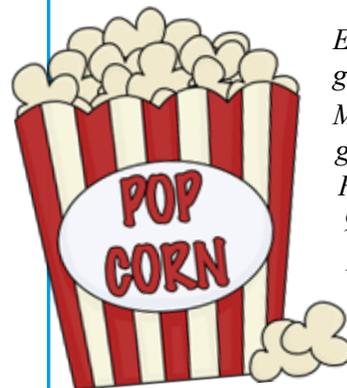
Co-op Community Donations

The Co-op donated to or collected donations on behalf of these organizations:

**Grant County Food Pantry
S.N.A.P.**

We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.

POPCORN POPPERS Needed!



Ever notice how happy people are when you give them something?

Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op! Shifts are: 9am to 12noon and 12noon to 3pm.

It's fun and you get to visit with your friends and meet new friends.

Contact: charmeine@silvercityfoodcoop.com



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Karen Stelko • Saguara Compton • Janet Goodrich
Mary Ann Gelb • Sharon Bookwalter • Ellen O'Bryan
Jane Papin • James Odin • Bridget O'Leary
Laurel Johnson • Robert Fischhoff • Marta Bloy



So Many Questions, So Little Time . . .



On Wednesdays, our supplement department (Kate) will dig for the answers to your product questions. Many requests can be special-ordered - another of our services.

Thanks for your support of the Co-op!

Staff PICKS

Meet Kenyon McNeill.



Three of Kenyon's favorite products:



1. **Turmeric** from bulk: main ingredient used in golden milk, a drink that mixes turmeric, coconut oil, black pepper extract and non-dairy or dairy milk and is used by many to lower inflammation.



2. **Bragg's Apple Cider Vinegar:** main ingredient in Kenyon's other favorite drink – an apple cider vinegar tonic which is made with distilled water and optional honey or molasses. These tonics have many reported uses including aiding in digestion, balancing PH, maintaining healthy weight and relieving muscle pain and sore throats.

3. **Garden of Life Raw Fit** protein powder because it is organic, raw, derived from plant protein and low in sugar. Kenyon uses this protein powder in his daily green shakes.



When Kenyon isn't busy at home raising his eight-year-old daughter, Hayla, he's busy at the Co-op advising customers about healthy lifestyle choices. He says helping customers in this way is his favorite thing about working at the Co-op.

"Every day I share a golden milk recipe and an apple cider vinegar tonic recipe with the customers. I think that helps a lot of people out and that's really what I thrive on – is hearing people say, 'Thank you so much, that really helped me out a lot!' It really makes me feel good and is the best part of working here at the Co-op," says Kenyon.

Kenyon wasn't always so passionate about leading a healthy lifestyle but after a three-month period working on an organic farm in Hana on the island of Maui in Hawaii he says he couldn't go back to not eating healthy, organic foods.

"I didn't always practice eating organic but I really got into it about six months before I started working here. On the farm we would eat cacao, bananas, papayas – all organic and super fresh. When I came back to Silver City after Hawaii I decided this would be a great place to work because I would have access to organic and non-GMO foods. I see a real change in my own energy levels when I'm eating organic compared to when I'm eating more processed, non-organic foods," says Kenyon.

Hayla, Kenyon's sweet daughter, has naturally benefitted from the knowledge Kenyon has been steadily gaining and he says she loves her vegetables, especially carrots. Of course the Co-op also has treats that she loves too and she gets rewarded with a couple of those every time she helps with the shopping.

Next time you have a question about the benefits of the products the Co-op sells or a question about how to make golden milk, an apple cider vinegar tonic, or a green shake suited to your needs ask that jolly guy, Kenyon, and he'd be happy to help.

"I've learned so much working here and I like to be able to share that knowledge with customers to help them get on a healthy path or whatever their goals are," says Kenyon.

Kenyon's Green Shake Recipe:

- | | |
|---|--|
| 1 Scoop Garden of Life Raw Fit protein powder | 1T spirulina |
| 2 Cups coconut water | 1T chia seeds |
| 1 Cup frozen pineapple | 1T hemp seeds |
| 1 banana | 1T Bob's Red Mill Golden Flax Meal |
| 1T cacao nibs | 1 Scoop Garden of Life Perfect Food powder |
| 1T maca powder | |
| 1T coconut oil | |



Genetically-modified humans: what is CRISPR and how does it work?

An insight into the gene editing technique that could help eradicate health conditions and bring back the woolly mammoth

By Abigail Beall



Courtesy
Wired Magazine

Sunday 5 February 2017

Targeted, genetic modification in humans is no longer in the realm of science fiction. Both the UK and US governments have approved the use of a cheap and accurate DNA-editing technique called CRISPR-Cas9 in human embryos and adults. The technique allows scientists to edit genes with unprecedented precision, efficiency, and flexibility – but how does it work and why is it so controversial?

CRISPR, pronounced 'crisper', stands for Clustered Regularly Interspaced Short Palindromic Repeat. The name refers to the way short, repeated DNA sequences in the genomes of bacteria and other microorganisms are organised.

CRISPR was inspired by these organisms' defence mechanisms. Bacteria defend themselves from viral attacks by stealing strips of the invading virus' DNA, which they splice in their own using an enzyme called Cas. These newly-formed sequences are known as CRISPR. The bacteria make RNA copies of these sequences, which help recognise virus DNA and prevent future invasions.

The technique is significant because it gives genetic biologists a powerful tool for gene editing. More importantly, it's cheap. "The major impact of CRISPR has been in developing new model systems, cells and animals, that are more rapid to develop and much more accurate than previous genetic models," Dr Ed Wild, from UCL Institute of Neurology, told WIRED.

It gives rise to a huge range of opportunities. Plans are underway to edit allergens in peanuts, create mushrooms that don't brown and breed genetically-engineered mosquitoes that cannot transmit malaria. There is even a project to bring back the woolly mammoth from extinction. But it doesn't stop there. CRISPR is already being used to edit pig DNA so their organs can be transplanted into humans; China is using CRISPR-edited cells in living humans, to inject cancer-fighting white blood cells into a patient. The technique could also be used to target illnesses such as cystic fibrosis, sickle-cell anaemia and Huntington's disease.

However, there is a long road ahead. "Editing the genomes of embryos is much easier in principle, but many genetic conditions don't require it because a proportion of embryos are 'naturally' free from the mutation already," Dr Wild added.

For example, 50 percent of embryos from a parent with Huntington's disease, and 25 percent of embryos from a couple carrying the mutation that causes cystic fibrosis, would be free from harmful mutations without any need for genome editing.

There are many challenges with viral delivery and concerns about side-effects from turning cells into CRISPR factories, too. The proteins being introduced came from bacteria, so they could trigger the immune system. There are also concerns about the fact it may be impossible to turn them off.

"These seem like solvable problems but we know that it will take many years to solve them," Dr Wild told WIRED. "In the short term CRISPR will be used to study disease in much more efficient and targeted ways, for example by developing new model systems or by simulating the effect of treatments using genetic editing," Dr Wild says.

"In the medium term, it may be used to produce 'cleaner' versions of existing therapeutics, like therapeutic stem cells 'edited' to be closer to the tissue type they are trying to replace."

Attention Co-op Member/Owners!



The 2017 Silver City Food Cooperative Board of Directors election process will begin on March 2nd

with a Candidate Information Session, held from 12 noon to 1 pm in the Market Cafe Community room, 614 North Bullard. This will be an opportunity to become acquainted with the board of directors responsibilities and to receive a Candidate Information Packet. Should you be interested in running for the board, and cannot attend the information session, Candidate Packets are available in the front of the Co-op.

The written Candidate Statements with photograph will be due on March 10th. These can be turned into the office at the Co-op. The statements will be posted in the co-op and cafe, and published in the April Garbanzo Gazette.

Invitation postcards will be mailed directly to the member-owners during the first week of March. Ballots will also be available in the store, and on the website. Voting begins on March 30th.

The General Membership Meeting (GMM) will be held on Sunday April 2nd, from 3 pm to 5:30 pm at @space Gallery. The GMM agenda will include a Meet the Candidate segment and ballots will be available for voting at the meeting.

The voting period will end on April 30, 2017 and ballots will be counted on May 5th to allow for collection of all mail in ballots.

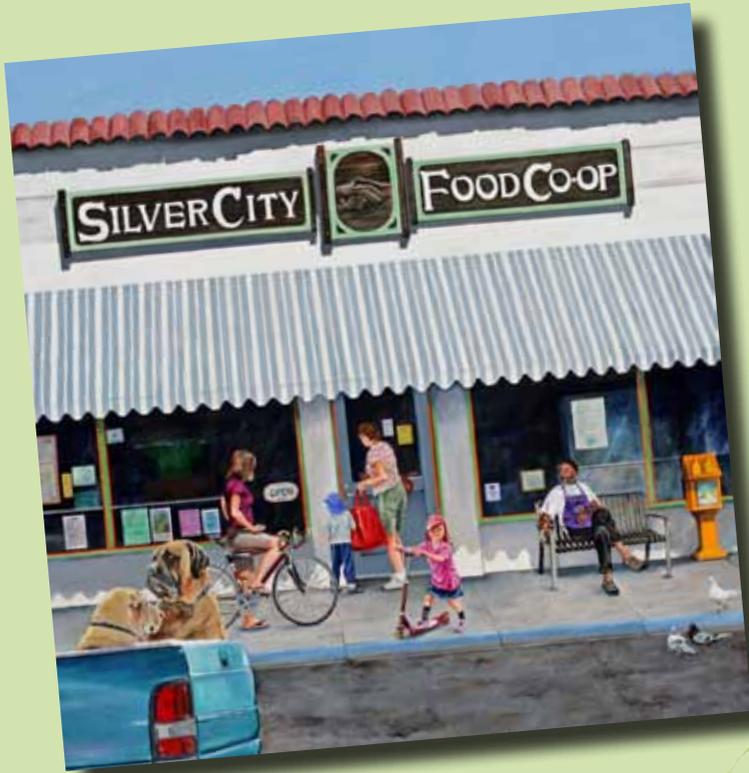
Candidates will be contacted about the election results on May 6th and newly elected directors will be invited to a orientation meeting prior to their first board meeting. The new board will be seated at the regularly scheduled May board meeting on the 17th. Board meetings begin at 4:30 and are held in the Market Cafe community room.



2 U From Your Board...

Carmon Steven • Karen Strelko • Nancy Coates
Jennifer Johnston • Jean Béffort
Gail Rein

You are invited!



What: Silver City Food Co-op
General Membership Meeting

When: Sunday, April 2, 2017
3 pm to 5:30 pm

Where: a)s p..."A"© e Studio Art Gallery
110 West 7th Street
Silver City, NM

Art, Food, Drinks, Drawings for Art and FUN!

- vote for board members
- learn about Co-op business
- ballots available at Co-op, Café and online
- for agenda visit www.silvercityfoodcoop.coop

Election dates are March 30 to April 30



Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at 614 N. Bullard Street, 4:30-7:30 pm.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

Karen Strelko/President

Board Term: 2015-2018
browserandlouie@yahoo.com

Jean-Robert Béffort/Vice President

Board Term: 2016-2018
aspace.studiogallery@gmail.com

Jennifer Johnston/Secretary

Board Term: 2015-2018
johnstonjenny40@gmail.com

Gail Rein/Treasurer

Board Term: 2014-2017
rein.gail@gmail.com

Nancy Coates

Board Term: 2016-2019
coates@gilanet.com

Carmon Steven

Board Term: 2016-2017
yankiecarmon@gmail.com

Board of Directors

Hey!

**Give Meggie a high five
for designing our
new website.**

Check it out!

We are now

silvercityfoodcoop.coop

See the

**Garbanzo Gazette online
at our new, beautiful website.**



March Sales

To Our Co-op Members & Customers: Please note that sales run for a **two-week** period.
 Each month 100s of items are on sale. To see a complete list, please visit our website.
 The pictured items are just a sample of the great values you will find at the Co-op each month.

March 1 - March 21

coop deals



Bulk
Organic
Dark Red
Kidney Beans
reg \$2.69#
SALE \$2.19#



Ian's
Chicken Nuggets
8 oz
reg \$6.19
SALE \$4.69



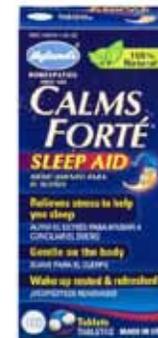
wildbrine
Sauerkraut
Assorted, 18 oz
reg \$6.89
SALE \$4.99



Clif Bar
Assorted Bars
1.76 oz
reg \$2.19
SALE \$1.25



Derma • E
Hydrating Facial Wipes
25 ct
reg \$6.79
SALE \$4.99



Hylands
Calms Forte
Sleep Aid
100 tab
reg \$10.99
SALE \$6.99

March 22 - April 4

coop deals



Bulk
Organic
Garbanzo Beans
reg \$2.79#
SALE \$2.19#



Organic Valley
Neufchatel Cheese
8 oz
reg \$3.69
SALE \$2.99



Julie's
Ice Cream Sandwiches
6 ct
reg \$5.99
SALE \$4.69



daiya
Cheezy Mac
Assorted, 10.6 oz
reg \$5.29
SALE \$3.69



Alba Botanica
Enzyme Scrub
4 oz
reg \$9.79
SALE \$6.99



lily of the desert
Aloe Vera Juice
32 oz
reg \$9.69
SALE \$6.99

Members Only Specials March 1 - April 4



Bulk
Organic
Almonds
reg \$15.59#
SALE \$12.49#



Hope
Hummus
Assorted, 8 oz
reg \$4.39
SALE \$3.59



Chocolove
Mini Bars
Assorted, 1.3 oz
reg \$1.39
SALE \$1.19



Nocciolata
Hazelnut Spread
9.52 oz
reg \$6.19
SALE \$4.99



Nubian Heritage
African Black Soap
Hand Cream
4 oz
reg \$6.89
SALE \$5.59



Neocell
Beauty Bursts
Soft chews, 60 ct
reg \$19.99
SALE \$15.99